

## Off- Season Phase 2

### Day 1

A1 Front Squat

| Week | Sets | Reps |
|------|------|------|
| 1    | 5    | 5    |
| 2    | 5    | 5    |
| 3    | 3    | 3    |
| 4    |      | 1RM  |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Quad/Hip Flexor Mobilization

| Week | Sets | Reps    |
|------|------|---------|
| 1    | 3    | 10/side |
| 2    | 3    | 10/side |
| 3    | 3    | 10/side |
| 4    | 3    | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Hip Thruster w/ DB

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | 15   |
| 2    | 3    | 12   |
| 3    | 3    | 10   |
| 4    | 3    | 8    |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B2 Bodyweight Posterior Lateral Lunge

| Week | Sets | Reps    |
|------|------|---------|
| 1    | 3    | 10/side |
| 2    | 3    | 10/side |
| 3    | 3    | 10/side |
| 4    | 3    | 10/side |

| Set 1 | Set 2 | Set 3 |
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C KB Swing

| Week | Sets | Reps |
|------|------|------|
| 1    | 5    | 10   |
| 2    | 5    | 15   |
| 3    | 5    | 15   |
| 4    | 5    | 20   |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
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## Off- Season Phase 2

### Day 2

A1 Pull-up (shoot for 5-15 reps, use band if needed)

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | max  |
| 2    | 4    | max  |
| 3    | 5    | max  |
| 4    | 3    | max  |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Feet Elevated Side Plank

| Week | Sets | Reps        |
|------|------|-------------|
| 1    | 3    | 20-60s/side |
| 2    | 3    | 20-60s/side |
| 3    | 3    | 20-60s/side |
| 4    | 3    | 20-60s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 3-Point Row

| Week | Sets | Reps   |
|------|------|--------|
| 1    | 4    | 8/side |
| 2    | 4    | 8/side |
| 3    | 4    | 8/side |
| 4    | 4    | 8/side |

| Set 1 | Set 2 | Set 3 | Set 4 |
|-------|-------|-------|-------|
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B2 Push-up

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | max  |
| 2    | 3    | max  |
| 3    | 3    | max  |
| 4    | 3    | max  |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C1 Rear Foot Elevated Split Squat Hold

| Week | Sets | Reps     |
|------|------|----------|
| 1    | 3    | 40s/side |
| 2    | 3    | 50s/side |
| 3    | 3    | 60s/side |
| 4    | 3    | 70s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C2 Plank on Physioball- Rolls

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | 10   |
| 2    | 3    | 10   |
| 3    | 3    | 10   |
| 4    | 3    | 10   |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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## Off- Season Phase 2

### Day 3

A1 Conventional Deadlift

| Week | Sets | Reps |
|------|------|------|
| 1    | 5    | 5    |
| 2    | 5    | 5    |
| 3    | 5    | 3    |
| 4    | 5    | 3    |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Spider Lunge w/ Hamstring Floss

| Week | Sets | Reps    |
|------|------|---------|
| 1    | 3    | 10/side |
| 2    | 3    | 10/side |
| 3    | 3    | 10/side |
| 4    | 3    | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Eccentric Single Leg Squat to box

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | 10   |
| 2    | 3    | 10   |
| 3    | 3    | 10   |
| 4    | 3    | 10   |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B2 Physioball Bridge

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | 10   |
| 2    | 3    | 12   |
| 3    | 3    | 15   |
| 4    | 3    | 20   |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C Sled Push (10-20 yards)

| Week | Sets | Reps |
|------|------|------|
| 1    | 5    |      |
| 2    | 5    |      |
| 3    | 5    |      |
| 4    | 5    |      |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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## Off- Season Phase 2

### Day 4

A1 [Alt. Incline DB Bench- Hold at Top](#)

| Week | Sets | Reps |
|------|------|------|
| 1    | 4    | 8    |
| 2    | 5    | 6    |
| 3    | 4    | 3    |
| 4    | 5    | 10   |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
|       |       |       |       |       |
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A2 [Yoga Push-up](#)

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | 6    |
| 2    | 3    | 8    |
| 3    | 3    | 10   |
| 4    | 3    | 12   |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
|       |       |       |
|       |       |       |
|       |       |       |
|       |       |       |

B1 [Incline Bench Row](#)

| Week | Sets | Reps |
|------|------|------|
| 1    | 6    | 12   |
| 2    | 6    | 12   |
| 3    | 6    | 10   |
| 4    | 6    | 10   |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|-------|-------|-------|-------|-------|-------|
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B2 [Side Lying External Rotation](#)

| Week | Sets | Reps   |
|------|------|--------|
| 1    | 3    | 8/side |
| 2    | 3    | 8/side |
| 3    | 3    | 8/side |
| 4    | 3    | 8/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
|       |       |       |
|       |       |       |
|       |       |       |
|       |       |       |

C1 [Push-up Hold](#)

| Week | Sets | Reps     |
|------|------|----------|
| 1    | 3    | 30s/side |
| 2    | 3    | 40s/side |
| 3    | 3    | 50s/side |
| 4    | 3    | 60s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
|       |       |       |
|       |       |       |
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|       |       |       |

C2 [Incline Bench T's](#)

| Week | Sets | Reps |
|------|------|------|
| 1    | 3    | 10   |
| 2    | 3    | 10   |
| 3    | 3    | 10   |
| 4    | 3    | 10   |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
|       |       |       |
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